

**S1 Table. Summary of quantitative studies, longest EBF rates and quality outcome**

#	Article Ref	Design	Setting*	Sample Size	Groups Assessed	Infant Age(s)	EBF [ages]**	Quality (H/M/L)
<b>Period 1 (1980-1999)</b>								
1	Bland et al., 2002	Cohort  Cross-sectional	R (Hlabisa, KZN)	119 (cohort)  101 (x-sect)	Infant of mothers attending rural clinics (to 16w) 101 mothers or caregivers with infants below 6m	<16 weeks  17-24 weeks	3% (16w; n=119)  22.0% (6m; n=101)	High -aNOS
2	Chalmers, 1986	Cross-sectional	R & U (GP)	171	Pedi mothers who gave birth in a clinic or hospital	Not stated	69.0% (n/s; n=171)	Low -aNOS
3	Chalmers et al., 1987	Cross-sectional	U (Johannesburg, GP)	200	Coloured (mixed race) mothers who had given birth in a hospital	~3 weeks	82.0% (3w; n=200)	Low -aNOS
4	Delport et al, 1988	Cross-sectional	U (GP)	51	Breastfeeding mothers at private maternity hospital	4-5 days	43.1% (5d; n=51)	Low -aNOS
5	Ellison et al., 1997	Cohort	U/T (Soweto, GP)	1267	Mothers enrolled in Birth to 10 cohort, Soweto	<6 months	0.8% (6m; n=not reported)	Low -aNOS
6	Hoffman et al, 1984a	Cohort	U (Heideveld, WC)	169 -80	Mothers -80/89 mothers who reported EBF at 1 <sup>st</sup> interview	<6 weeks 7-12 weeks	23.7% (16w; n=80)	Low -aNOS
7	Hoffman et al, 1984b	Quasi-experimental (Pre and Post)	U (Heideveld, WC)	124 (Post) -94	Mothers for post-intervention assessments were new, but compared with mothers from previous study (see 1984a)	<6 weeks & 7-12 weeks for both groups	38.7% (12w; n=44)	Low -aNOS
8	MacIntyre et al., 2005	Cross-sectional	U (Ga-Rankuwa, GP)	150	Mothers of healthy infants attending a clinic	<9 weeks	4.7% (<9w; n=150)	Medium -aNOS
9	Nikodem et	Randomised	U (Coronation	162	Low-income mothers who	<12 weeks	32.7%	Moderate

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	al, 1993	controlled trial	Hospital, GP)		gave birth at Coronation Hospital and participated in intervention study (83) or were controls (79)		(<12w; n=162)	-GRADE
10	Van der Elst et al, 1989	Cross-sectional	T (Mitchell's Plain, WC)	78	Mothers (Black & coloured) who had given birth at a baby-friendly maternity hospital at a 6-month follow-up home visit	6 months	32.0% (6m; n=78)	Low -aNOS
<b>Period 2 (2000-2007)</b>								
11	Baek et al., 2007	Quasi experimental (pre- post cross-sectional surveys)	U (Edendale hospital, KZN) PU (Imbalenhule & Mpophonemi, KZN)	320	HIV-positive mothers who provided data on infant feeding practices and exposure to the m2m programme (2x or more).	<3 months	8.1% (4-12w; n=320)	Medium -aNOS
12	Bland et al, 2007	Cohort (pregnancy and postnatal)	R (KZN) PU (KZN) U (KZN)	2260  <i>-1156 -1104</i>	Mother/infant pairs <u>with infant feeding data</u> <i>-HIV positive (863) -HIV negative (902)</i>	1 week postnatal	78.1% (1w; n=2260) 74.7% HIV+ 81.7% HIV-	Medium -aNOS
13	Bland et al, 2008	Quasi-experimental (cohort)	R (KZN) PU (KZN) U (KZN)	2436 <i>-1219 -1217</i>	Mothers <i>-HIV positive -HIV negative</i>	< 180 days (6 months)	45% HIV- 40% HIV+ (6m)	Medium -aNOS
14	Bork et al, 2013	Cohort	U (Durban, KZN) R/PU (Somkhele, KZN)	278	HIV-1 positive mothers with CD4 between 200-500	<6 months	10.8% (6m; n=269)	Medium -aNOS
15	Du Plessis, 2009	Mixed methods (for quant: 2 cross-sectional questionnaires)	U (Johannesburg, GP)	124 <i>-55 (phase 1) -69 (phase 2)</i>	Primigravidae mothers who breastfed or attempted to breastfeed for at least 3 weeks who attended a baby clinic	>6 weeks	39.0% (6w; n=124)	Low -aNOS

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16	Goga et al, 2012	Cohort study	R (Rietvlei, EC) PU/T (Paarl, WC, Umlazi, KZN)	775 (at 3 weeks)	Mothers were recruited during pregnancy with a HIV- positive & -negative enrolment (3:1)	<36 weeks (visits at 3, 5, 7, 9, 12, 16, 20, 24, 28, 32 and 36 wks)	14.0% (12-14w; n=665)	Medium -aNOS
17	Ghuman et al, 2009	Cohort study	R (Ugu, KZN)	168 (birth) -117 (14 weeks)	Mothers who gave birth at baby friendly clinic	Birth 14 weeks	18.0% (14w; n=117)	Low -aNOS
18	Kassier et al, 2003	Cross-sectional	U (Durban, KZN)	300 -150 -150	Zulu mothers <i>Attending PTMTC clinics</i> <i>Attending non- PTMTC</i>	<6 weeks 6-14 weeks 15 weeks-6 m	5.0% (15w-6m; n=80)	Medium -aNOS
19	Petrie et al, 2007	Cross-sectional	U (Cape Town, WC)	20	HIV positive mothers age 18-39 attending community health clinic with infant feeding data	<6 months	5.0% (<6m; n=20)	Low -aNOS
20	Sibeko et al, 2005	Cross-sectional	PU/T (Langa, WC)	117	115 mothers with 117 healthy babies, currently breastfeeding	1-6 months	0.0% (1-6m; n=117)	Medium -aNOS
<b>Period 3 (2008-2011)</b>								
21	Goosen, McLachlan & Schübl, 2014	Mixed methods (Cross-sectional)	PU/T (Avian Park & Zwelenthemba, WC)	140	Primary caregivers of infants aged 0 to 5.9 months in study area	0-5.9 months	6.0% (<6m; n=140)	High -aNOS
22	Ijumba et al, 2015	Cluster-randomised trial	PU (Umlazi, KZN)	3494 <i>1629 study</i> <i>1865 control</i>	Mothers from 30 community clusters at 12 weeks in GoodStart RCT	12 weeks	20.1% (12w; n=3494)	High -GRADE

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23	Ladzani et al, 2011	Cross-sectional	R (Gert Sibande, MP)	815	HIV positive mothers from 47 PMTCT clinics	3-6 months	35.6% (3-6m; n=815)	High -aNOS
24	Rotheram-Borus et al., 2014	Cluster randomised controlled trial	T (Cape Town, WC)	1238	Mothers from 24 neighbourhoods (12 study matched with 12 control)	<6 months (2 week & 6 month visits)	6.4% (6m; n=1157)	Moderate -GRADE
25	Some et al, 2017 [Data collected 2009-2013; relevant data pre-2012]	Clinical trial	U (East London, EC)	213	Adult (age 18+) HIV+ mothers attending ineligible for HAART who expressed intention to breastfeed at enrollment	<26 weeks	93.4% (1 w; n=213)	Low -GRADE
26	Swarts, Kruger & Dolman, 2010	Mixed methods (Cross-sectional)	R ( Lower Umfolozi District, KZN)	100 -37 HIV+ -63 HIV- /unknown	Mothers in post-natal ward of baby-friendly hospital -HIV status retrieved from clinical records	Neonates	72.0% (<1w; n=100)	Medium -aNOS
27	Tomlinson et al, 2014	Cluster randomised controlled trial	PU (Umlazi, KZN)	3494 1629 study 1865 control	Mothers from 30 community-based clusters at 12 weeks in GoodStart RCT	12 weeks	20.8% (12w; n=3494) 24% study 16% control	High -GRADE
28	Tylleskar et al, 2011	Cluster randomised trial	R (Rietvlei, EC) PU/T (Paarl, WC, Umlazi, KZN)	1020 535 study 485 control	Mothers who planned to breastfeed prior to giving birth	<28 weeks	1.5% (22-24w; n=1020)	Moderate -GRADE
<b>Period 4 (2012-2018)</b>								
29	Budree et al, 2017	Cohort	PU (Paarl, WC)	1076	Infants of 1071 mothers age 18+ in cohort of a mixed-race community and Black-African community	6 months (6-10, 14-16, and 6m)	13.0% (6m; n=710)	Medium -aNOS

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30	Horwood et al, 2017	Cluster randomised controlled trial	R (Ugu Health District, KZN)	1342 total 736 <i>baseline</i> 606 <i>follow-up</i>	Adult (age 18+) mothers with an infant <12 months and living in a household served by a participating CHW (both HIV+ and -)	6 weeks (for EBF measure)	68.8% (6w; n=629 baseline) 70.6% (6w; n=531 follow up)	High -GRADE
31	Myer et al, 2018(Myer et al., 2018)	Randomised controlled trial	U (Cape Town, WC)	471 233 <i>Study</i> 238 <i>Control</i>	Mothers (age 18+) HIV+ at MCH clinic less than 6 weeks postpartum who had initiated ART during pregnancy and were breastfeeding at screening	<6m (3m and 6m)	21.6% (6m; n=430)	Moderate -GRADE
32	Mnyani et al, 2016	Cross-sectional	PU (Soweto, GP)	180 67 <i>HIV+</i> 113 <i>HIV-</i>	Mothers accessing primary health clinics	<9 months (avg age 5.5 <i>HIV-</i> and 5.9 <i>HIV+</i> )	68.0% (<6m; n=100)	Medium -aNOS
33	Pillay et al, 2018	Cross-sectional	R (Umlazi, KZN)	73	Teenage (<19) mothers attending a Well-Baby Clinic for 14-week immunization	14 weeks	50.7% (14w; n=73)	Medium -aNOS
34	Reimers et al., 2017	Cluster randomised trial	U/PU/R (uThungulu District, KZN)	490 255 <i>study</i> 235 <i>control</i>	Adult (age 18+) HIV+ mothers attending PMTCT program with intention to EBF at enrollment	<6 months (day 3, weeks 6, 14 and 22)	43.7% (22w; n=490)	Moderate -GRADE
35	Sepeng & Ballot, 2016	Retrospective record review	U (Johannesburg, GP)	404	Non-ICU records of neonates admitted to a BFHI tertiary hospital	Neonates within 72 hours of birth (at discharge)	23.3% (<1w; n=404)	Med -aNOS

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